
Subject: Understanding our Brains

Posted by [william](#) on Fri, 28 Aug 2020 06:55:36 GMT

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My wife just sent me an article that has helped significantly.

I thought that you all might benefit as well.

It's short and practical; you might glean something from it in these hectic times.

<https://www.alifeoverseas.com/covid-and-culture-shock-feel-the-same-to-your-brain-and-heres-why/>

Blessings,
William
